

Copy Limit

+ Low Fat^o **+** No Soy Protein** **+** Gluten Free

Directions: For adults, take one (1) scoop (42 g), one to two times per day. For maximum muscle support consume 1-2 scoops twice per day, with at least 1-2 scoops taken immediately after exercise.

Supplement Facts

Serving Size 1 Scoop (42g)
Servings Per Container about 19

Amount Per Serving	%Daily Value
Calories 170	
Calories from Fat 30	
Total Fat 3 g	5%***
Saturated Fat 1 g	5%***
Cholesterol 75 mg	25%
Total Carbohydrate 10 g	3%***
Dietary Fiber 1 g	4%***
Sugars 3 g	***
Protein 25 g	50%***
Calcium 180 mg	18%
Phosphorus 142 mg	14%
Magnesium 26 mg	7%
Sodium 200 mg	8%
Potassium 250 mg	7%

***Percent Daily Values are based on a 2,000 calorie diet.

****Daily Value not established.

INGREDIENTS: Protein Blend (Ultrafiltered Whey Protein Concentrate [which contains Beta-lactoglobulin, Alpha-lactalbumin and Glycomacropeptides], Microfiltered Whey Protein Isolate), Maltodextrin, Cocoa (processed with alkali), Natural and Artificial Flavors, Soy Lecithin, Cellulose Gum, Salt, Xanthan Gum, Dicalcium Phosphate, Calcium Carbonate, Acesulfame Potassium, Sucralose.

Contains milk and soy ingredients.

NOTICE: For weight reduction, use only as directed in the Pure Protein diet plan on www.pureprotein.com. Do not use in diets supplying less than 400 Calories per day without medical supervision.

**Contains soy lecithin.

oSee nutrition information for cholesterol content.

Typical Amino Acid Profile (milligrams per 42 g scoop****)	
Essential Amino Acids	Nonessential Amino Acids
Histidine 564 mg	Alanine 1,142 mg
Isoleucine 1,508 mg	Arginine 777 mg
Leucine 2,722 mg	Aspartic Acid 2,900 mg
Lysine 2,293 mg	Cysteine 540 mg
Methionine 552 mg	Glutamic Acid 3,678 mg
Phenylalanine 853 mg	Glycine 491 mg
Threonine 1,978 mg	Proline 1,484 mg
Tryptophan***** 425 mg	Serine 1,475 mg
Valine 1,448 mg	Tyrosine 777 mg

*****L-Tryptophan is naturally occurring, not added.

****approximate values

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Bayport, NY 11705

For questions or reorders call:
1-800-854-5019
or visit our website at
www.pureprotein.com

PURE PROTEIN[®]

100% WHEY PROTEIN



RICH CHOCOLATE
NATURALLY & ARTIFICIALLY FLAVORED

25g
PROTEIN

3g
SUGAR

170
CALORIES

Contains No Soy Protein**
Supports Lean Muscle & Strength*
Contains Electrolytes for Hydration*
Low Fat^o

PROTEIN POWDER SUPPLEMENT
NET WT. 1.75 LBS. (28 OZ.) (793 g)

Pure Protein[®] 100% Whey Powder is delicious, convenient and fast-acting. This formula is designed with 100% of the protein coming from Whey, a complete and superior protein source supplying all the essential amino acids your body needs to support lean muscle, strength and energy.* It also contains electrolytes to help maintain hydration or rehydrate after workouts.* This easy-to-mix, low fat, gluten free protein powder provides 25 grams of power-packed protein in every scoop - just what your body needs to stay fit and ready for action.* Perfect for use any time of day whether you've just completed a workout or are looking for a nutritious treat to maintain momentum.

- Provides cross-flow Ultrafiltered 100% Whey Protein Concentrate.
- Instantized Whey Proteins for easy mixing and complete dispersion in liquid.
- Quick absorbing Whey Protein Blend to speed amino acid delivery to muscles immediately after workouts.
- Contains electrolytes to maintain hydration or to rehydrate after workouts.*

Pure Protein[®] makes it easy to give your body what it needs. Our goal is to provide you with great tasting, convenient protein products giving you the strength to achieve your goals.

Each serving contains over 5 grams of the following Branched Chain Amino Acids from protein:

Which typically provides:	Isoleucine 1.50 g
	Leucine 2.72 g
	Valine 1.44 g

USE PURE PROTEIN[®] ANY TIME OF THE DAY INCLUDING:

Immediately After Exercise:

Drinks an excellent post-workout shake by providing fast digesting proteins for immediate lean muscle support and recovery.*

With Meals:

Drink along with your meal to increase the overall protein and nutrition quality. You can also mix into oatmeal or add to recipes such as pancake and waffle mixes.

In Between Meals:

For a delicious treat.

Blender - Simple:

Add one (1) scoop to blender filled with 6-8 ounces of your favorite beverage. Cover and blend for 20-30 seconds. For a delicious smoothie, add peanut butter, fruit, or yogurt along with ice cubes.**

Shaker - Simple:

Fill a shaker bottle with 6-8 ounces of your favorite beverage. Add one (1) scoop, cover and shake for 25-30 seconds.

Glass & Spoon - Simplest:

Add one (1) scoop to 6-8 ounces of your favorite beverage. Stir for 20-30 seconds or until completely blended.

Visit PureProtein.com for delicious smoothie recipes!

** For Mass Gaining: add higher calorie foods such as peanut butter, 1-2% milk, and fruit juices. For Dieters: add lower calorie foods such as skim milk, blueberries and raspberries, or just use water.

WARNING: If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Not intended for use by persons under the age of 18. KEEP OUT OF REACH OF CHILDREN. STORE AT ROOM TEMPERATURE AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT: DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

Contents are sold by weight. Some settling may occur.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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Fold 1

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